

Controlling Sugar Cravings Natural Part 2

Posted by [Admin](#) | Posted on 11-08-2010

Category : nutrition

Tags: diets, menopausal relief, menopausal weight gain, menopause diet, menopause support, nutrition, weight control



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Are you gaining weight around the middle? Here are some great substitutes for white sugar.

Expert's Name: Rachel Venokur-Clark

5 Natural Sweeteners to Satisfy Your Sweet Tooth

Agave Nectar

Agave nectar is a natural liquid sweetener made from the juice of the agave cactus. It is 1.4 times sweeter than refined sugar, but does not create a "sugar rush," and is much less disturbing to the body's blood sugar levels than white sugar.

Raw Honey

Honey will have a different flavor depending on the plant source. Some are very dark and intensely flavored. Wherever possible, choose raw honey, as it is unrefined and contains small amounts of enzymes, minerals, and vitamins.

Date Sugar

Date sugar consists of finely ground, dehydrated dates, utilizing this fruit's vitamin, mineral, and fiber content. If you like the taste of dates, this will definitely appeal to you. Date sugar can be used as a direct replacement for sugar, and comes in a granulated form

Maple Syrup

Maple syrup is made from boiled down maple tree sap and contains many minerals. It adds a pleasant flavor to foods and is great for baking with. Be sure to buy 100% pure maple syrup, and not maple-flavored corn syrup.

Barley Malt

Barley malt is made from the soaking, sprouting, mashing, cooking, and roasting of barley. This process capitalizes on the naturally present enzymes. In this process, the carbohydrates are broken down into simple sugars, yet the final product is more of a "whole food" than many other sweeteners. Barley malt can come in the form of powder or syrup.

Sugar and Menopause Symptoms

In case you need another reason to make the switch over to natural sweeteners, go ahead and add sugar to the list of culprits that may be causing your hot flashes



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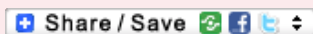

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- > cancer risk (4)
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- > hormonal changes (7)
- > hot/cold flashes (7)
- > libido (2)
- > mood swings (3)
- > natural remedies (1)
- > nutrition (3)
- > ovarian cysts (1)
- > PMS/cramps (2)
- > sexual (6)
- > sleep (4)
- > supplements (3)
- > treatment options (2)

and mood swings. Sugar raises your insulin levels, can cause heart palpitations and even cause anxiety and irritability. Many women begin to show signs of low blood sugar during the onset of menopause. Dips in blood sugar levels, which are inevitable when you eat sugar, may be felt more intensely, leading to additional sugar cravings and mood swings. Make the switch over to natural sweeteners and start to take back control over your symptoms before your next cookie or morning cup of coffee.

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Increasing Sex Drive – Part 2

Posted by [Admin](#) | Posted on 04-08-2010

Category : sexual

Tags: libido menopause, menopausal libido, menopausal relief, menopause support, sex drive

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Herbs and Libido

Expert's Name: Dr. Nalini Chilkov

Interviewer: Gail Edgell

Gail Edgell: Will it say “American Ginseng” on the product label?

Dr. Chilkov: Yes. You will see that Ginseng can be labeled as Korean Ginseng, Chinese Ginseng or American Ginseng. Women can use Chinese Ginseng and Korean Ginseng. But American Ginseng is much more balanced for them.

The next herb that I want to talk about is called Cordyceps. This is one of the great shining stars in Chinese Medicine, particularly in terms of aphrodisiacs. I will also say that it is one of the great herbs in cancer care and immune stimulation. But it's a very powerful sexual stimulant as well. A woman is building her sexuality and her immunity when she uses an herb like this. She will want to take it on a daily basis, combined with Ginseng and Epimedium. Over time, she will feel much, much more vibrant. Cordyceps has been shown to provide significant improvement in the treatment of sexual function. It's also used in men to treat impotence. It's very safe, and it increases endurance, vigor and energy. Even athletes use this herb.


There is a fourth herb that I want to talk about that is not a Chinese herb. Maca root is an herb from Peru. It has been used for thousands of years in South America for boosting sexual health, libido and fertility. I have found that when estrogen starts to decline, Maca root is one of the best herbs for giving a woman balance. It helps smooth the menopausal journey. This herb also has a lot of minerals, enzymes and amino acids. These are all very important for normal sexuality and a high libido. It really increases desire.


I want to emphasize that these four herbs that I have mentioned — Epimedium, American Ginseng, Cordyceps and Maca root — are all safe to use. These herbs

➤ [Uncategorized \(1\)](#)

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are widely used in China. Many people over 40 take tonics like these. It's comparable to taking a multivitamin.



These herbs will reduce menopausal symptoms. They will regulate hormonal irregularities and smooth out the menopausal transition. For women who are still menstruating, it will ease their cycles. These herbs do this by leveling out mood fluctuations and helping with mental acuity, concentration, stamina and vitality. These are not herbs that a woman only wants to use the night before she wants to have sex. These are herbs that need to be used on a daily basis, so that she feels like having sex more often and has the energy to do it.

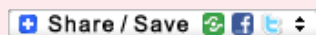

Gail Edgell: Do you typically take the last one, the Maca root, in combination with the other herbs that you mentioned?

Dr. Chilkov: Each one of these herbs can be taken alone. But the real art of herbal medicine is making balanced formulas. As an herbalist, I find it much more effective and much more balanced, even much more elegant, to make a formula that is tailored for an individual. You will see that if you look at a good natural food store, or if you live in a city where there is a Chinatown, that the formulas are always found in combinations. You can also buy very expensive Ginseng root that is prepared in a very special way.

Note: This article is an edited transcript of an audio interview. Changes have been made.

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Control Sugar Cravings Naturally

Posted by [Admin](#) | Posted on 28-07-2010

Category : nutrition

Tags: diets, menopausal relief, menopause support, menopause weight gain, weight control

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Want to lose weight? Try eating less sugar.

Expert's Name: Rachel Clark



Sugar Blues

On average we consume over 20 teaspoons of added sugar in our diet daily, and sometimes we don't even know it. This can add up to an average of 142 pounds of sugar per person per year! Americans love sweets! And how could we not when sweet flavors release serotonin in our brains, the chemical that gives off the feelings of love, contentment and well-being.

But not all sweeteners are created equal. When it comes to refined sweeteners like white table sugar, high fructose corn syrup and artificial sweeteners like NutraSweet and Splenda, there are many side effects and health risks to take into consideration. These items are stripped of vitamins, minerals and fiber and can spike your blood sugar, often leading to more sugary cravings, mood and energy swings.

Sugar can be addictive for many people because of the chemical reaction that take place in the body. Artificial sweeteners, because of the neurotoxins they contain, have been known to cause headaches, memory loss, nausea, PMS, dizziness, mood changes, heart arrhythmia, joint pain and more. Using natural and minimally processed sweeteners can help to control sugar cravings, stabilize moods and energy and have a dramatic effect on your health. Since most natural sweeteners are 1.5 times sweeter than sugar, you can use less of it in baking and other recipes that call for sugar.

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Menopause and Bone Loss: The Bone Building Regimen

Posted by [Admin](#) | Posted on 26-07-2010

Category : anti-aging

Tags: bone health, menopausal women, Osteoporosis, Reduce Bone Loss

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Osteoporosis: A Frightening Word to Many

Expert's Name: Gail Edgell



No matter how many risk factors you have, it is never too late to start building bone. Bone is an organ, just like your heart, lungs, and muscles, so treat it with respect and care.

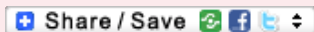

So what are some things you can do to help prevent or reduce bone loss?

- Cut back or eliminate alcohol and caffeine.
- Quit smoking.
- Eat five or more servings of fruits and vegetables per day. These are high in vitamins and minerals which help to prevent calcium loss through the urine.
- Eat phytoestrogens. Soy and ground flaxseed are great choices. Several studies have shown that regular intake of soy isoflavones can help increase bone mass.
- Vitamin D exposure. Get at least 15 minutes of sun exposure every day without getting burned, or supplement with vitamin D3.
- Vitamin C is necessary for the manufacture of collagen, a protein that is found in connective tissue and cartilage and is essential for proper bone formation. Good sources of C are kiwi, green peppers, oranges, broccoli, grapefruit and grapes.
- Vitamin K which is found in green leafy vegetables.
- Magnesium which helps to convert vitamin D into a usable form and plays a role in the calcification of bone. Evidence suggests that there should be a balance of calcium and magnesium in the body. Good sources of magnesium are peanuts,

lentils, tofu, wild rice, bean sprouts and chicken.

- Weight bearing exercise. Get at least 3 sessions per week of cardiovascular and strength training exercises.
- Balance your hormones. Estrogen and testosterone are two bone building hormones. Make sure that your levels are within range.
- Decaffeinated green tea. According to an American Journal of Clinical Nutrition study, drinking green and black tea on a regular basis can increase bone density.

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Are you Dying from Sitting?

Posted by [Admin](#) | Posted on 23-07-2010

Category : Uncategorized, exercise

Tags: cancer risk, exercise, menopause support, walking

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Exercise, Menopause and Inactivity

Expert's Name: Gail Edgell

Past studies have indicated that inactivity contributes to obesity and diabetes, but it has never been shown that it increases mortality rates.

The American Journal of Epidemiology just completed a study in which they followed over 123, 000 people who sit most of the day and found some amazing statistics. The study was conducted over 14 years.



Here is what they found. People were more likely to die from heart disease than cancer. After adjusting for BMI (body mass index) it was found that women were 37% more likely to die if they sat six or more hours a day versus their counterparts who spent less than three hours a day sitting. For men the risk of dying was 17%.

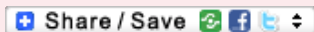
These numbers were even drastically higher if individuals sat all day and did not exercise: 94% for women and 48% increased risk of mortality for men.

Yes, you can say this can be from weight gain, but according to Dr. Patel, one of the researchers, they are starting to look at inactivity as a potential suppressing and/or stimulating certain hormones and in the body. More studies will need to be completed to evaluate this theory.

All of this can be combated just by getting up a little earlier in the morning and taking a brisk walk . Even take a family member or a pet to keep you company.

To read more of this article go to [Life Span](#) or to read more articles on exercise or menopause go to [Menopausal Relief](#).

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